

50+ Recreation

September 2016

Our mission is to enrich the lives of our citizens.

ISSUE 9

www.ColumbusRecParks.com

Smith Farms Fall Events

50+ Walking Jamboree

Friday, October 7

Registration: 8:30 am

Start time: 9 am

Smith Farms, 3285 Watkins Rd (07)

Free Event



Fall Harvest Jamboree

Saturday, September 24

Noon – 5 pm

Smith Farms

Free event; Parking \$5

Annual Fun Walk Event
½ mile, 2 mile or 4 mile route

Vendors



Hayrides



Line dancing

Refreshments



Free Produce for Walkers

Contact: Monique 645-3386 or Mo 645-3151

Kids 12 & under receive a free pumpkin while they last

Hayrides

Horseback Rides \$5

Pumpkin Archery

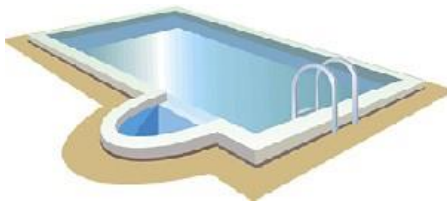
Climbing Wall \$3

Corn and Straw Mazes

Food and Bake Sale

Craft stations for the kids

50+ Water Exercise



Indoor water aerobics will begin in late September.

Contact Aquatics Center for exact date

Columbus Aquatics Center
1160 Hunter Ave., 43201.
614-645-3129

Join us every Monday and Wednesday.

Doors open at 9:30 am, get in the water at 9:45 and in the water at 9:45 and exercise begins at 10:00 am.

The cost is \$12 per session or \$1 per visit.

September 2016

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Newsletter Editor: Wendy Frantz

645-7427

Dance

Gillie Dance

Line Dance	<i>Beginners</i>	<i>Tuesdays</i>	<i>1 pm</i>
	<i>Advanced</i>	<i>Tuesdays</i>	<i>2 pm</i>
	<i>Intermediates</i>	<i>Fridays</i>	<i>10:30 am</i>

Move & Groove *Mondays 7:30 pm*

Tap Dance:

Advanced Wednesdays 10 am

Beginning Wednesdays 10:50 am

Ballet Class *Wednesdays 5 pm*

Gillie Wednesday Evening Dance Information

6:30 – 9 pm *Admission: \$5*

Come early for line a line dance session: 6-6:30 pm.

The DJ begins spinning a variety of dance music at

6:30. Refreshments will be served, dancing until 9 pm.

Weekly Themes:

September 7 Birthdays & Anniversaries

September 14 Grandparents Day Dance

September 21 Back to School

September 28 Sock Hop

Marion Franklin

Line Dance

Mondays, Wednesdays and Fridays 10-11 am

Beginners *Wednesdays 11:15 am*

Men's *Tuesdays and Thursdays 1 pm*

Line Dance Workout *Tuesday and Thursday 10 am*

Men In Black Rehearsal

Tuesdays and Thursdays 2 pm

Evening Line Dance

Beginners *Tuesdays and Thursdays 5:30-6:30 pm*

\$20 per person, per session

Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

Red Hat Activities

Dodge

Thursday, September 8 *11 am Cost \$15*

Robbins - Hunter Museum & Avery -Downer House
Tour; Lunch at Broadway Pub

Thursday, September 22 *9 am Cost \$15*

Pennsylvania House Museum & lunch at Colliers;
wear comfortable walking shoes as there are 3 floors
and some step climbing involved with the tour.

Gillie's Fillies *Mark your Calendars!*

Olivedale Senior Center, Lancaster

Friday, September 16 *Meet at Gillie 11 am*

Van transportation \$10

Golden Hobby Shop

630 S. Third St. in German Village

Columbus, Ohio 43206

Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday

10 am – 5 pm

Free parking

Golden Hobby Gift Shop has begun accepting exciting and unique, hand-crafted decor items for Fall, Halloween, Thanksgiving, Christmas, Hanukkah, Kwanzaa and New Year's. Come on in and get a jump on all the holidays that will be here in a blink!

Trips

Dodge

645-3176

La Comedia Presents the musical

"Million Dollar Quartet"

Thursday, September 8 *8:30 am Cost \$50*

Travel back in time to the night of December 4, 1956 when Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins all met at Sun records for an impromptu jam session. This musical brings to life a night filled with broken promises, secrets and betrayal surrounding the music that made them famous.

Friday on the Town is Back!

Friday, September 16 *10:30 am Cost \$5*

We will have lunch and then participants will have the choice of either seeing a movie at Carriage Place or go shopping around Carriage Place as others go to a movie.

Senior Day at the Delaware County Fair

Tuesday, September 20 *9:30 am*

Adults ages 55 and older: Cost \$5 (\$2 admission to the Fair & \$3 for transportation)

From Noon to 3 pm, there will be free caricature drawing by the Consolidated Electric Corporation booth. Walk around the exhibits and eat some yummy food!

Upcoming Dodge trips: Registration will start at the beginning of October; payment due at registration.

Willow Island Locks and Lunch Cruise

Friday, October 7 *9 am Cost \$50*

Two hr van trip to Marietta (\$45 for cruise and lunch/ \$5 for transportation expense) This cruise travels up the Ohio River to Willow Island Locks and Dam. You will enjoy the Captain's buffet lunch while we Lock through Willow Island, lock down and dock back in Marietta. Cruise departs in Marietta at Noon.

Trips

Dodge (continued) 645-3176

SRO's production Dracula

Friday, October 14 8:30 Cost \$15
Breakfast and then show at 10:30 am

Join us for this classic tale, a perfect way to kick off October. Steven Dietz's chilling take on Bram Stoker's *Dracula*. This production restores the suspense and seduction of the original tale. Rich with humor, and horror, this play paints a wickedly theatrical picture of Stoker's famous vampire.

Apple Butter Stirrin' Festival at Roscoe Village

Friday, October 21 9:30 am Cost \$5

Roscoe Village hosts a wide variety of artisans, crafters and food vendors for the festival. Stroll through the charming village streets to the sounds of bluegrass along with music and entertainment on the main stage beginning at 11:45 am till 6 pm. Take a canal boat ride or have a slice of apple pie. Come and enjoy the sights, sounds, and scents of fall!

Gillie 645-3106

Trip Policy: Persons registering for **van/mini bus trips** need to be **current** members of The Columbus Recreation & Parks Department 50+ Programs.

Charter bus trips are open to adult non-members. All refund questions will be handled by the staff person in charge of the trip.

La Comedia: "Million Dollar Quartet"

Thursday, September 8 8:30 am-5 pm Cost \$50



Tony award winning Broadway musical inspired by the true story of the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee

Lewis and Carl Perkins for the first and only time. The legendary night is brought to life with a tale of broken promises, secrets, betrayal and the classic music that made these men so famous.

Call to see if seats are still available.

Downton Abby in Cincinnati

Friday, September 9 leave 9:30 am Cost \$42

Are you a Downton Abby fan? We will tour an exhibit of costumes from the famous series of Downton Abby at the historical Taft Museum. Lunch will be on you. We will also visit the Contemporary Arts Center with some shopping stops on the way home. **Call to see if seats are still available.**

Gillie Graveyard Tour #5

Union, Clinton Chapel & Webster Cemetery Columbus

Wednesday, September 14 9:30 am-4 pm

The journey continues as we explore early pioneer and 19th century graveyards that were consolidated in our quest to understand the world beyond the grave. Bring a snack and water for the ride.

Lunch will be on your own at Roosters.

Registration begins Tuesday, September 6.

Lunch in a Covered Bridge

Tuesday, October 18 leave TBA Cost \$145

Join as we travel to Union County to visit the Dutch Mill Greenhouse which is a family operated greenhouse dedicated to providing customers with quality plants. We will also tour the Honda Heritage Museum and hear the history of Honda's success in North America. We will have lunch on the Pottersburg Bridge, which was originally built in 1868 and spanned nearly 100 feet over the Big Darby Creek. Afterwards, we will enjoy a winetasting tour at the Bokes Creek Winery and finally we will experience a "Canvas and Cupcake" class to conclude our day. **Registration begins Wednesday, Sept. 7.**

Christmas in Amish Country, Nappanee, IN December 1 & 2

\$250 double occupancy (includes: tour & show admissions, special events, dinner, continental breakfast, baggage handling and taxes.)

Join us for an overnight trip to Nappanee, Indiana where we will visit the historical Ruthmere Mansion (**unfortunately it is not handicap accessible**) with its beautiful decorations including its collection of antique Nut Crackers. We will be treated to a traditional English Tea and hear a presentation on Downton Abby. We will then make our way to the train museum and tour their wonderful model train exhibit decorated for the holidays. Then we will check into Amish Acres and enjoy a traditional "Threshers" meal (all home grown/homemade items served family style) in an Amish Barn where we will enjoy a performance of "A Christmas Story". The next day we will tour an Amish Farm with time to shop before heading home. **Register now with a \$100 deposit. Final payment will be due by October 25.**

Please note both the English Tea and the Thresher meal will be served traditionally and are not subject to substitutions for those with restrictive or special dietary needs.

Trips

Marion Franklin **645-3612**

La Comedia "Million Dollar Quartet"
Thursday, September 8 8:30 am-5 pm
Cost \$50 (Admission and Transportation)

La Comedia Dinner Theatre is located in Springboro and is one of the nation's largest professional dinner theaters with Broadway-style productions. "Million Dollar Quartet," the Tony Award-winning musical, is inspired by the story of the famed recording session that brought together rock-and-roll icons Elvis, Johnny Cash, Jerry Lee Lewis, and Carl Perkins for the first and only time.

New!!! Ark Encounter and Creation Museum
Friday, September 16 **Cost \$90**

Departure time has not yet been determined. Cost covers chartered bus transportation (gratuities included) and admission to both the Ark and Creation Museum. The Ark Encounter is a one-of-a-kind, historically themed attraction. In an entertaining, educational and immersive way, it presents a number of historical events centered on Noah's Ark as recorded in the Bible. As the largest timber-frame structure in the US, the 510-foot-long full-size Ark is designed to be family-oriented, historically authentic, and environmentally friendly. Additional phases will be added over the years. Please note the Ark and Creation Museum are located in Kentucky; the total trip time is expected to be less than 12 hours but not guaranteed.

Breakfast and Movie
Tuesday, September 20 8:30 am **Cost \$5**
 Movie will be determined a week prior, based on showings and times. Must register at the front desk.

Bargain Shopping
Tuesday, September 28 9:30 am **Cost \$5**
 Join us as we head out to local thrift stores and bargain outlets to catch deals legends are made of, and then we grab lunch before heading back to share news of our finds. Please register at the front desk.

Martin Janis **645-5954**

Marion Popcorn Festival
Thursday, September 8 10:30 am
Cost: \$10 for transport, lunch on your own

The Marion Popcorn Festival in downtown Marion, Ohio, is the largest popcorn festival in the world annually attracting crowds in excess of 250,000. Let's enjoy one of the last chances to have some outdoor fun!

Martin Janis (continued) **645-5954**

Ohio Fish and Shrimp Festival
Friday, September 16 3:30 pm
Cost \$10 transport, \$5 admission, lunch on own
 Celebrate Ohio's Freshwater Shrimp Harvest! Get your fill of mouth-watering seafood selections while enjoying a live music stage, multiple vendors, games and activities. Explore live displays of fish, frogs, turtles and other native critters. Swing by the fish farm market for a taste of gourmet smoked trout products.

Whetstone **645-3217**

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!
Wednesday, September 14 9:15 am **Cost \$4**

The Red Hats/Cruising Cougars will be heading to historic Troy, Ohio. We will check out the local history and eat at the Lincoln Square restaurant.
Please let Mike know you will be attending.

Hikes with Mike
Wednesday, September 21 9 am **Cost \$4**
 Mike will be heading south to Clear Creek Metro Park for a stroll along the creek. After our work out, we will eat at the closest greasy spoon we can find.
Please call Mike to RSVP.

Mike's Taste of Italia
Wednesday, September 28 11 am **Free**
 Mike's Taste of Italia will go to Marcella's at Polaris. Got it right this time guys, promise.
Please call Mike to RSVP.

Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and all can enjoy coffee, water, a healthy snack and walking incentives at each walk.

Walks are held inside during bad weather.



2016 Walking Dates
8:30 - 9:30 am

Indian Mound & Woodward Park
 Sept 3, 17
 Oct 1, 15
 Nov 5

Far East & Dodge
 Sept 10, 24
 Oct 8, 22
 Nov 12

Home Weatherization Program

Home Weatherization Program offers Relief during Colder Months

As we head into the colder months, the Mid-Ohio Regional Planning Commission (MORPC) can help ensure that your home is more comfortable this winter while reducing household energy bills. MORPC provides free home weatherization services to income-eligible residents in Franklin County, which aids in keeping homes warmer in the winter and cooler in the summer.

MORPC's home weatherization program reduces air leaks and insufficient insulation, which contribute to uncomfortable indoor temperatures. MORPC's professional staff performs home energy inspections and safety checks, and identifies energy-saving improvements and related health and safety hazards. The resulting work may include tune-up or replacement of the furnace or water heater, installation of insulation, air sealing, or replacement of refrigerators and light bulbs with more efficient models.

Franklin county residents can call **614-621-1171** to determine eligibility and apply over the phone. Funding is provided by Columbia Gas of Ohio's WarmChoice® program, American Electric Power (AEP) Ohio's Community Assistance Program, and the Ohio Development Services Agency's Home Weatherization Assistance Program and Electric Partnership Program.

Senior Living Festival

Join COAAA for the annual **free** celebration of active living on **Friday, October 28**, at the Hollywood Casino in Columbus. Hours are **10:00 a.m. to 2:00 p.m.**

New in live entertainment!

Topping the line-up is a **Sammy Davis, Jr. Tribute**. Dezhon Fields has captivated audiences for over twelve years throughout the U.S. and internationally, paying homage and honoring Sammy with his recreation of Sammy's music, moves and mannerisms. He completely immerses himself as he performs unforgettable songs such as, "The Candy Man"; "What Kind of Fool am I"; "I've Gotta Be Me"; and the timeless classic "Mr. Bojangles".

Also on tap for the "H" Lounge stage is: 1) *The Jack Fox Band*, 2) *Two for the Road*, and back by popular demand, 3) *The Men in Black*.

New in the Wellness Pavilion!

Concerned about falls? Free computerized **Balance Assessments** will be conducted by Mount Carmel using NeuroCom balance plates. Other free screenings include ear scans, vision, blood glucose, blood pressure, body mass index and nutrition, as well as fracture risk assessments.

New in the Ballroom Performance Space!

Folk singer Bill Cohen will sing songs from the 1960s and lead a sing along. International folk dancers will perform, demonstrate and teach dance steps. Always a favorite, the Columbus Zoo show is scheduled too.

New in Exhibits!

AT&T has a distracted driving simulator with pedal, steering wheel, and software. ClearCaption features near-real-time captioning of conversation as text on personal computers, mobile devices and home phones.

Medicare Compare – Beneficiaries will have an opportunity to receive unbiased assistance in evaluating and choosing coverage options as part of the fall open enrollment period.

The Senior Living Festival is presented by the Central Ohio Area Agency on Aging, Franklin County Office on Aging, and Senior Services Roundtable of Columbus and Franklin County. Admission, parking, entertainment, activities, exhibits, chair massage and caricature portraits by two local artists are free.

Senior Council Meeting

Tuesday, September 13 1 pm

Interested in seeing the how the senior council works? Come join us for a meeting and talk about the happenings at Dodge. Want to take part in the Council keep an eye out for nominations.

Walk with the Doc

Saturdays, September 10 & 24 8:30 am

Come and help Dodge keep the "Walk with a Doc" trophy this year. Bring your walking shoes and take some steps to be healthy! It may start getting cool in the mornings so dress for the weather!

Free Fresh Produce

1st and 3rd Thursdays of the month- September 1 & 15

Last regular season month! Arrive early to sign up and receive a number! Produce will be distributed **3-6 pm** (or until the produce runs out). Bring your own boxes, bags and carts to carry it home.

Dodge Chorus

Tuesdays 1pm – 2:30pm

Enjoyed a bit of a summer break? Dodge Chorus is back in action so come join the fun and sing your heart out. We do holiday concerts and special events, both in and out of Dodge.

Tai Chi with Michael



Tuesdays Noon- 1 pm

Come in to enjoy this calming Martial Arts discipline. A great way to build strength, flexibility and balance and relieve stress. Simple, low-impact fitness.

Join the Dodge Service Circle

Wednesdays 9 am-1 pm

We break for lunch in the canteen around 11:30. If you have any sewing experience or none at all, we can use your help in making ditty-bags for walkers and wheelchairs for local senior establishments and the Veteran's Hospital.

Volunteer Opportunities

Are you interested in volunteering at Dodge? We are always looking for volunteers to help out with special events, especially with set up, serving food or clean up. Do you have a special talent or skill that you would like to share or teach a class? Would you like to perform at a special event? Please sign up at the front desk or contact

Holly at HMWetmore@columbus.gov

Fall I Classes

Wii Bowling	Mondays	9-11 am
Painting	Mondays	10am-12pm
You Sew fine	Mondays	1:30-3:30 pm
Quilting	Tuesdays	9 am
Pickleball	Tuesday & Thursday	9:30-10am
50+ Sewing	Tuesdays	1:30-4:30 pm
Acting	Tuesdays	1 pm
Crochet	Wednesdays	1-3 pm
Walking Group	M-W-F	9-10 am
Shuffleboard	Thursdays	10:15-10:55 am
Bingo	Thursdays	11-11:55 am
Chair Volleyball	Mondays & Thursdays	1-3 pm
Ceramics	Tuesdays & Fridays	12:00-3pm
50+ Alterations	Fridays	1-4 pm
Drawing	Fridays	1:30-3:30pm

...AND MORE!

Birthdays at Dodge

Friday, September 23 1-2:30 pm

Come to Dodge and celebrate your birthday! We are going to have some classic birthday games; and since it is a birthday, we will of course have cake and ice cream! This is not only for September birthdays, this is for everyone. Also since it is your birthday, it is Free!

Interest for new Programs

Sign up at Dodge to bring these programs here!

***COAAA is offering "A Matter of Balance"**

This is an eight week course which emphasizes practical strategies to reduce fear of falling. Setting realistic activity goals, changing your environment to reduce falls, exercising to increase strength and balance and viewing falls as controllable will all be covered in this program.

***COAAA Caregiver Workshop**

This program helps you learn about short term assistance at home or Adult Day Care, assistance with medical equipment supplies and home modifications.

***Healthy U health workshop**

This is a six week workshop to help people with diabetes, asthma, arthritis, heart disease and other chronic conditions.

***Dodge is trying to start an Indoor Cycling class!**

If interested, sign up so we can get more indoor cycling bikes and have a class! Cycling classes help build core strength and endurance!

September 1 and 2 - Gillie Center will be **CLOSED**. We will also be closed on Monday, September 5 for Labor Day.

Holiday Bazaar Tables on Sale

Tables for the Holiday Bazaar are now on sale for **\$20 per table**. The bazaar will be held on Thursday & Friday, November 3 & 4, 2016.

Sign up begins on Wednesday, September 7.

Have you "Lost" something? Check out the lost and found. Anything left at the end of the month will be a donation to our November Holiday Bazaar sale.

Giant Badminton

Mondays 10 am

Join us. It's the same as the regular game except bigger and a lot more fun.

Fall Proof Balance Class

Tuesdays and Thursdays 2 pm

Have a balance or mobility disorder? Develop your own comprehensive set of progressive exercises that will reduce your risk of falling. We will understand the common age related changes that occur as we age and how they affect our mobility and balance.

Veteran's Group

No meeting in September.

Be Safe: Arming ourselves with knowledge

Tuesday, September 6 10:45 am

Nancy Evans with New Age Crimestoppers will be here to show us some very interesting and very inexpensive ways to stay safe in this ever-changing world. You will hear safety tips while at home and out and about!

BINGO

Mondays, September 12 & 26 1 pm

Eat Better, Feel Better

Tuesday, September 13 11 am

Registered Dietitian Leonor Button from LifeCare Alliance presents: **Puzzling Produce**.

Alzheimer's Association

Tuesday, September 13

~Support Group *12:30 pm* Everyone is invited.

~Private Consultations *1:30-4 pm*

For yourself or a caregiver; by appointment (457-6003).

History Roundtable

Wednesday, September 14 1 pm

Senior Recreation Council Meeting

Wednesday, September 14 1 pm

Columbus Speech & Hearing

Thursday, September 15 10 am -3:30 pm

To schedule an appointment, call 261-5452.

Truth In Senior Living

Thursday, September 15 10 am

There is so much to learn about Senior Living opportunities in Columbus, join us and bring your questions with you. **Register at the front desk.**

GILLIE'S "GOT TALENT"

VARIETY SHOW

Friday, September 16 12:15 pm

and Monday, September 19 6 pm

Join us and experience awesome talent that we have here at the Gillie Center. And, don't forget we will have an evening show for those family and friends who work.

If you would like to be a part of the fun, **please sign up at the front desk by Wednesday, September 14.**

Senior Camp at Blacklick Metro Park-

Friday, September 23 9:30 am - 2:30 pm

Enjoy a day of crafts, games, tram rides, hiking and fishing in the county's first Metropolitan Park. Bring a brown bag lunch. Snacks and admission is FREE! Call or stop by the front desk to register today, space is limited.

Registration begins Friday September 9.

Annual Walking Jamboree at Smith Farms

Friday, October 7 Sign in 8:30 am/ Start 9 am



Join us as we, "Walk for the health of it", through beautiful Three Creeks Metro Park. We will use three trails ranging from 1 to 4 miles. There will be vendors, line dancing, hayrides and other fun activities.

Register for mini bus; we leave at 8 am.

Lazelle Woods Intergenerational Center

Anna Marie Brown, Center Manager

Hours: Mon.-Fri.: 8 am-9 pm; Sat.: 9 am-6 pm

8140 Sancus Blvd., 43081

645-5330

Pickle Ball *Mondays* 8:30-10 am

Wednesdays 1-3 pm

Fridays 8:30-10 am

\$10 for the session

Wednesday

Zumba 8:30-9:30am \$28

Lunch Indoor Cycling 1-1:45pm \$10

Yoga 6:30-7:30pm \$40

Thursday

Lunch Indoor Cycling 1-1:45pm \$10

Get Moving 1-2pm Free

Fundamentals of Watercolor 6-9pm \$85

Piano Level 1 6-6:30pm \$25 + \$3

Mtls.

Adult Pottery 7-9pm \$10

Mtls.

Friday

Zumba 45 8:15-9am \$20

Pottery 12-2pm \$35 + \$15 Mtls.

Monday

Zumba 8:30-9:30am \$20

Combo class for \$38 and \$48

Lunch Indoor Cycling 1-1:45pm \$10

Get Moving 1:30-2:30pm Free

Tuesday

Tai Chi 11:30-12:30pm \$35

Lunch Indoor Cycling 1-1:45pm \$10

Combo class for \$20

Aiki Ju Jitsu and Aikido 6:30-8:30pm \$35

Women's Circle 6:30-7:45pm \$30 + \$5 Mtls.

Check with center or website for complete listing of classes. **COAAA Central Ohio Area**

Agency on Aging

3776 S. High St., 43207

614-645-7250

Mark your calendar for Thursday, Sept. 22, 2016, for the **10 Million Steps to Prevent Falls** event on National Falls Prevention Awareness Day.



Last year, more than 4,400 Ohioans walked approximately 5,300 miles. At an average of 2,500 steps per mile, that's **more than 13.2 million steps** taken in the name of falls prevention. We'd love to smash that goal this year!

Why? Because falls among older Ohioans have reached epidemic proportions; one in three older adults will fall this year, and falls are the leading cause of emergency room visits, hospitalizations and deaths for those 60+. The good news is that falls are not a normal part of aging, and most falls can be prevented.

We are asking organizations to take part in **10 Million Steps to Prevent Falls** by hosting a one-mile (minimum) falls prevention awareness walk for their communities on (or around) Sept. 22, 2016. Your event can help prevent falls, regardless of the number of participants.

Walking is one of the most essential exercises we can do to maintain strength, endurance and flexibility as we age and to promote falls prevention. We're asking organizations to take pictures of people participating in their events and post them to social media using the hashtags #PreventFalls and #10MStepsOH.

If 4,000 people walk one mile each in the name of falls prevention awareness, that will equal approximately 10 million steps. We hope, with your help, to exceed this goal again this year.

More information about how you can get involved is on the STEADY U website (www.steadyu.ohio.gov). Once you have details for your organization's participation, please visit the STEADY U website to register your event.

If you have any questions, please contact Sarah Duffy at 614-644-7924 or sduffy@age.ohio.gov.

To find out about local Matter of Balance workshops visit www.coaaa.org Search Education/Workshops and Presentations.

The Center will be closed: September 5 (Labor Day)
Fall 1 Session Registration: August 29 – September 2
(No Activities or Classes)
Fall 1 Session: September 6- October 21

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm
LifeCare Alliance...Nourishing the Human Spirit
For those aged 60+, lunch is provided for a suggested contribution of \$1.50. Additionally transportation is provided for a roundtrip contribution of \$1.25. To reserve lunch or transportation, call 614-278-3153.

Classic 8 Ball Tournament

Thursday, September 12 3 pm Entry Fee \$1
Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Hot dogs and punch included in entry fee. Please register at the front desk.

Book Club Discussion & Social

Every 2nd Wednesday, September 13 1 pm
Book: The Cartel 6
Dates and Times are subject to change; please call the center if you plan to attend.

YMCA's Diabetes Prevention Program

Location: Marion Franklin Center

Class begins: 9/28/2016 12:15-1:15 pm

Learn to: Eat Healthy, Stay Active, Lose Weight & Reduce Stress

How it works: The 12-month, group-based program consists of 16 one-hour weekly sessions, 3 bi-weekly sessions and six monthly sessions. The evidence based program is led by a trained lifestyle coach and is designed to help you stay healthy, active and prevent diabetes. *Please bring your lunch to the weekly sessions.* YMCA membership is provided to those enrolled and actively participating in the program. To qualify: have a BMI at 25 or higher, prediabetic diagnosis or qualifying risk factors. *This program is available through the generous support of the Ohio Osteopathic Association.** Those diagnosed with diabetes are not eligible. Please register with Meagan Goodson, 614-384-2304.

Free Produce *Thursdays, Sept. 22 and Oct. 27*

BINGO *Every 1st and 3rd Tuesday 1-3 pm*

Pokeno *Every Wednesday 1-3 pm*

Underground Railroad

Meets 1st & 3rd Monday of the month at 2:30 pm.

Diabetes Prevention & Nutrition

Every Tuesday Noon-1 pm

Beginning: Sept. 20 – Nov. 8

While genetics plays an important role in the development of diabetes, an individual still has the ability to influence their health to prevent diabetes. Diet is important because it helps with weight loss. Some foods such as nuts in small amounts provide health benefits in blood sugar regulation. There is no single recommended diabetes prevention diet, but following a sound nutrition plan and maintaining a healthy weight are important steps. Join us as Jared Klaus, RDN, LD Registered Dietitian and Wellness Coach from LifeCare Alliance conducts this informative hands on series.
Please register at the front desk.

Free Trip to Cuba

Friday, October 7 11:30 am-1:30 pm Free
Road Scholars Alumni: Benita (Oyalade) Pitts, Jesse Jackson, Alanla Jackson, and Cassandra Holloway will take us on a virtual tour to Cuba, through pictures, food, dance and narration. The four Ohioans took a 17 day trip to Cuba with National Road Scholars Alumni in May. All are enthusiasts of global black culture. Refreshments representative of the food and drink they consumed on their trip will be provided. A glimpse at Cuban dance, education, economics, food and housing will quench or feed your curiosity. Please register at the front desk or call 614-645-3612.

Marion Franklin "Fall" Flea Market

Thursday, October 27 11 am-5 pm

Set-up Time: 10 am

Members Tables (1) \$10 (2) \$15

Non Member Tables (1) \$15 (2) \$25

Please register at the front desk for a table. We are accepting all donations for the Marion Franklin table.

LifeCare Alliance New Dietician

Eat Better, Feel Better! Class

Every third Thursday of the month 11:15 am

Nurse Barbara Parker, LifeCare Alliance Wellness Center; office 645-7173/voicemail 437-2927. Schedule an appointment to have your blood sugar checked and for information on how to manage your Diabetes.

Arthritis Foundation Exercise Program

Every Tuesday & Thursday 10 am

Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.



Annual Casino Party!

Thursday, September 29 Noon – 5 pm

Fee \$10 per person.

Our Casino Party is one of the biggest events of the year so come on in and try your luck! Tickets are \$10 per person (please register in advance at the front desk) and you will be given \$1500 in “Martin Janis Cash” (non-negotiable) to gamble and play all day! There will be a lunch buffet, prizes and entertainment! And redeem your “cash winnings” at the prize auction, beginning at 3 pm! A great time will be had by all!

State Fair Award Winners!

A hearty congrats goes out to all of our Stained Glass project award winners! Stop by our Stained Glass classroom and congratulate Gayle VanMarter, Gail Paulus, Carol Bicking and Bill Jackson all for taking top prizes at this year’s Ohio State Fair!



Volunteer Appreciation

We would like to thank all of our tireless volunteers for the hard work they do throughout the year! Your time and efforts through all of our events, including the Ohio State Fair, is so very appreciated! We couldn’t do it without you! We are planning our volunteer appreciation picnic (date, time and venue to be announced). Check at the front desk for details.

Lunch served

Tuesdays – Thursdays 11:30 am – 1 pm

Martin Janis Senior Council

Next meeting: August 21 11 am

Coffee Club

Wednesdays 9 am
Come join the conversation!



“Breakfast for Lunch”

Wednesday, August 7 11:30 am

Everyone loves the wonderful breakfast specials and quiche our talented kitchen staff serves up once a month.

Gregg’s Health Corner: Tailgating - Food Safety

According to the USDA, tailgating requires the same food handling practices as picnicking outdoors due to the lack of refrigeration and running water. Carry cold perishable food (hamburger, sausages, chicken) in an insulated cooler packed with several layers of ice, frozen gel packs, or containers of ice and use an appliance thermometer to make sure food stays at 40 degrees or lower. If bringing hot take-out food, eat it within 2 hours of purchase (1 hour if temperature is over 90 degrees). To keep food like soup, chili and stew hot, use an insulated container. Fill the container with boiling water, let it stand for a few minutes, empty, and then put in the piping hot food and cover. If food cannot be kept hot during the drive, chill the food in the refrigerator before packing in the cooler then reheat to 165 degrees as measured with a food thermometer. Include clean utensils, clean wet disposable cloths or moist towelettes, paper towels, and water for cleaning hands and surfaces.

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Save the Dates:

Martin Janis Annual Halloween Bash!

October (date to be announced)

Join in the fun! Come dressed in your favorite costume! Contests, prizes, goodies and fun for all!

Quarter Horse Congress

October 2 – 25, 2016

All staff and participants use **Gate 9** to enter and exit Martin Janis 50+.

“I Belong to God,” an original play by Miss Shurlean Banks, premiering in December 2016. Tickets go on sale September 7. For information, call 614-597-7394, or call the Martin Janis front desk at 614-645-5954.

Participants must present payment upon registration for all activities with fees.



Canasta

Mondays 1:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. The warmer months are here so we alternate between a potato and salad bar. Bring your appetite and \$5 and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

10 am-Noon Beginner

12:30-2:30 pm Intermediate/Advanced

Wednesdays

6:15- 8 pm All Levels

1:30-3:30 pm Advanced

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

International Folk Dancing

Mondays 7-8:45 pm Free



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing." ***Contact the center with any questions.***

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Monthly Friday Potlucks

Friday, September 16 Noon

Potlucks are on the 3rd Friday of every month. The senior council provides a meat dish.

No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.

Please call the center in advance for your reservation, so we know how much food to prepare.

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including the following.

Full Body Conditioning with Char

Wednesdays & Fridays 9:15-10:15am/

\$40 for 2 days a week; choose 1 day for \$25

Wii Bowling Tuesdays 10:30am-Noon/ Free

(Everyone comes at this time.)

The Body Shop Workout Tues./Thurs. 4 pm, 5 pm &

6 pm/ \$10 for 1 class pass, \$70 for 10 class pass,

\$97.50 for 15 class pass, \$120 for 20 class pass

Poetry & Prose Thursdays 1-3pm/ Free

Woodcarving Meets every 1st & 3rd Tuesday at 6 pm/

Free/ Bring your own supplies.

Wood Chippers Wednesdays 9 am-Noon/ Free/

Bring your own supplies

Open Walking- Gym M, T, Th, & F 8-9:15am/Free

Fearless Falling (Adult Safety Skills) Fridays 10:30-11:30am/ \$30

Chair Yoga Wednesdays 11:15-11:45am/ \$25

Gentle Yoga Wednesdays 10-11am or 7:15-

8:15pm/\$40 each

Walks with Jack Saturdays starting 10 am/ Free

See Center Class Schedule for complete class listing.

Schedules are available in hardcopy at the front counter & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

COLUMBUS RECREATION AND PARKS DEPT
1111 EAST BROAD STREET, SUITE 103
COLUMBUS, OH 43205

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**Check with your center for end of
summer closings.**

Fall 1 Session Registration:

August 29 – September 2

Fall 1 Session:

September 6- October 21



*Happy Labor
Day!!*



**All centers will be closed
Monday, September 5.**